

Healthy Christchurch

Newsletter #55, Poutü-te-rangi (March) 2008

From the Healthy Christchurch Coordinators

The Healthy Cities and Communities Short Course 7-10 April hosted by Healthy Christchurch.

After months of planning, the Healthy Christchurch Steering Group is pleased to announce the details of this course. (see attachment)

The planning process has been an intersectoral one in and of itself. Representatives (in alphabetical order) of Canterbury District Health Board, Christchurch City Council, Deakin University (Melbourne, Australia), Environment Canterbury, He Oranga Pounamu, Lincoln University, Mortlock McCormack Law, New Zealand Planning Institute, Lincoln University, Partnership Health Canterbury PHO, Pegasus Health, Sustainable Otautahi Christchurch, a private Christchurch businesswoman formerly with St Albans Residents Assn, Te Runanga o Ngai Tahu, and University of Otago, Christchurch have provided valuable input at various stages along the way. Christchurch City Council has generously donated the services of one its employees to carry out the major organising tasks. Your trusty coordinators have been on the job, too!

The course aims to provide a critical understanding of the concepts behind, and practices associated with, healthy urban planning based on the World Health Organisation's HealthyCities initiative.

The Steering Group has been fortunate to secure Dr Iain Butterworth, Deakin University (Melbourne), as the course convener. Many Healthy Christchurch signatories will remember Iain from his involvement in the September 2005 Healthy Christchurch hui called 'Making the Move from Networking to Collaboration'. As a result of that hui, signatories endorsed two priorities on which to focus collaborative activities over the next few years.

The course features a stimulating mix of presentations, workshops, discussions, problem-oriented case studies, and field trips around Christchurch.

In addition to Iain, presenters will be coming from around the country, including Christchurch, as will participants.

Spaces are limited to 50, and the cost is \$1000. Be sure to read the section in the attachment called 'Who should attend?' to see if this short course is for you.

Upcoming Events

Christchurch Star City to Surf

Get your walking/running shoes on and get involved in another opportunity for your organisation to help improve the physical activity and nutrition of people living in Christchurch.

Sunday 30th March 2008. Enter at any branch of the Bank of New Zealand, The Star, The Athlete's Foot or any CCC Leisure Centre

Starts 9am Cathedral Square.

Entry fee \$10.00 Cathedral Square to QE2

City 2 Surf Downsized for Primary School children and their families. Porritt Park to QE2

Starts 10 am Porritt Park

Entry fee: \$5.00

Recipient Charity:

Canterbury West Coast Air Rescue Trust

Contact: Healthy Christchurch Coordinators
Kathryn Cannan: 03 3786 820 or Robyn Wallace: 03 3786 838
Email: healthychristchurch@cph.co.nz

FREE at the finish line

- Bottle of Pump & Fresh Fruit
- Great Spot Prizes
- Live Entertainment
- Major prize draw 12.30pm

Selling Our Sovereignty

The Structural Poverty Group invites you to another of our series of seminars looking at different aspects of structural poverty.

How free trade agreements limit the expansion of public / social services and restrict forever the ability of a government to act in the best interests of its own people.

Geoff White

General Manager of Trade Aid, NZ' leading alternative trade organisation

Monday 7 April 2008

Noon – 1.30pm

BYO lunch, Trade Aid tea & coffee provided

Conference Room, 2nd Floor, Christchurch Community House

141 Hereford St, Christchurch / Otautahi

Training and Workshops

Problem Gambling Seminar

A Gambling Perspective is the theme of the first seminar of the 2008 series being run by Building Research Capability in the Social Services (BRCSS) New Settler Researchers Network (NSRN). Connecting Research to Practice.

This first session comprises three presentations which connect research to practice from a gambling perspective. Problem gambling is now recognized as one of the major social problems and public health issues in New Zealand. It is reported that the number of Asian people seeking help from gambling treatment services has increased steadily, yet no evidence based research is available to provide culturally appropriate interventions for Asian people. This session aims to develop an understanding of what has helped Asian gamblers stop gambling, and what maintains that abstinence. It also aims to shed light on the ways to design effective and culturally appropriate interventions that can address the specific needs of New Zealand Asian people in their respective communities.

Presenters are **Gus Donghwan, Pauline Chan** and **John Wong** who are experienced practitioners from Asian Services, Problem Gambling Foundation. The session is chaired by Dr. Elsie Ho from Migration Research Group, the University of Waikato.

The seminar will be hosted simultaneously around New Zealand from BRCSS Access Grid Seminar Rooms with local rooms located at Canterbury and Lincoln Universities on Monday 10 March at 3.00pm to 5.00pm. The series will run on the second and fourth Mondays of each month from 3-5pm.

To register your attendance at the first seminar and find out more information please email Melanie Milicich, BRCSS seminar coordinator, m.milicich@auckland.ac.nz, as soon as possible and indicate which access node you plan to attend. This means we can contact you should any of the details change. Also view website www.brcss.net

Community & Voluntary Sector

Last year ANGOA hosted a well-attended Community & Voluntary Sector research forum here in ChCh, and people were so positive about it that ANGOA have agreed to make it a regular event. **The next forum is on Monday 17 March, from 1pm – 4pm.**

If you are involved in research by, for or about the tangata whenua, community and voluntary sector, we'd love to have you come and present at this forum. Presentation can be in a formal or informal style. It is an opportunity for you to get feedback, identify

potential partners or contributors, and generally to build links with other work that's going on.

Please contact Sharon asap if you would like to be part of this – ph 366 2050 or email torstonson@xtra.co.nz

Community Housing Aotearoa, Inc, (CHAI) is the national umbrella organisation for the not-for-profit community housing sector. They promote and advocate for community housing at the local and national level. CHAI now represents over 150 membership organisations including churches, non-profit community groups, Maori and Pacific Island housing providers and others.

Their vision is to expand and strengthen the community housing sector, to give all New Zealanders a broader choice of quality, affordable and secure housing options.

CHAI is offering three workshops in 2008 which focus on PROPERTY DEVELOPMENT.

1. Development Funding: The Financial Nuts and Bolts of Turning Your Idea into a Building

- Friday, March 14th – Christchurch

2. Risk and Project Management for Housing Providers: Considerations and Practices to Ensure Success

- Monday, June 16th – Christchurch

3. Property Development: Real Life Processes and Pitfalls Processes

- Monday, September 15th – Christchurch

CHAI Members - \$150 p/class

Non-members - \$200 p/class

For more information please email: support@communityhousing.org.nz or call Angela on (04) 385 8722 to arrange registration and payment.

www.communityhousing.org.nz to find out more information

Resources

Improving Work-Life Balance for Domestic Purposes Beneficiary Sole Parent Families

This report of research carried out by the Rotorua Peoples Advocacy Centre is available to read on-line at:

www.cpag.org.nz/resources/articles/res1199747937.pdf or contact the COSS office to borrow printed copy.

This report was published by Child Poverty Action Group. It's about 100 pages plus references, appendices, etc.

Vacancies

Nutrition Manager, Heart Foundation Tick Programme

You will work closely with food manufacturers and the public health sector. If you are a New Zealand registered Dietician or have another appropriate nutrition qualification, the Heart Foundation would like to hear from you.

Working with a small, passionate team, as Nutrition Manager you will manage all the nutritional aspects of New Zealand's leading food signposting programme. The tasks are varied but include working alongside food manufacturers to get their products approved on the Tick programme, providing technical input to Tick communication activities and maintaining positive relationships with the Heart Foundation's public health stakeholders.

Work experience in either industry or health sectors will be considered. Strong oral and written communication skills are essential. Please forward your application and CV to Ian Mathieson, National Manager, Heart Foundation Tick Programme, ianm@nhf.org.nz or phone 09 526 8558.

Items of Interest

Mental Health Grant/Scholarship Fund 2008

The Mental Health Education and Resource Centre (MHERC) Trust Board are now inviting applications for this year's Canterbury Association of Mental Health Grant / Scholarship Fund.

The MHERC award fund has arisen out of a monetary gift from The Canterbury Association of Mental Health. It was decided early on that the sum of money gifted would be used for Education around Mental Health and be offered to persons with experience of Mental Illness to assist in their study towards a mental health related qualification of their choice.

The award consists of an amount of not less than \$500.00 and not exceeding \$1000.00 per person / per annum. The amount available may vary and is dependant on other services donating towards the fund. MHERC guarantees the minimum of \$500.00 per award at this time.

Half of the award will be given at the commencement of the course and half at completion of the course. Documents evidencing enrolment in the course and a copy of the fees statement are required for the first half of the award. A letter from the course provider verifying completion of the course is required to receive the final amount.

To be eligible to apply for this grant / scholarship, applicants must meet the following criteria:

- The person will have met the criteria for the 3% of mental health service users that the government funds. This includes Alcohol & Drug service users. The person could currently be utilising a psychiatric or A & D service or have used one in the last five years.
- Applicants must reside in Canterbury and use the scholarship for study that will benefit Canterbury.
- The applicant will indicate when applying for the funds that they intend to complete the course (no refunds will be required if the course is not completed – however, the person will be required to pay back the award if they enrol in a course but do not attend any lectures nor attempt to complete any assignments).

To receive an information pack (including application form), please email: mherc@xtra.co.nz or phone: 03 365 5344.

Please note that applications in writing (on application form) close at 12 noon on Thursday 20 March 2008.

Community Outcomes for Christchurch to 2012

The Community Outcomes belong to **us**, the people of Christchurch. Christchurch City Council led a process in 2005 to find out what we as a community wish for Christchurch now and in the future. All of **us** as individuals as well as many groups and organisations will need to work together to achieve these outcomes. A group of outcome measures or indicators has been developed to track **our** progress towards the outcomes **we** want.

Our 9 Community Outcomes are:

- A safe city
- A city of inclusive and diverse communities
- A city of people who value and protect the natural environment
- A well-governed city
- A prosperous city
- A healthy city
- A city for recreation, fun and creativity
- A city of life-long learning
- An attractive and well-designed city.

This set of outcomes will be reviewed in 2012.

While the Local Government Act (2002) makes it clear that **our** whole community is charged with identifying and progressing the Community Outcomes, it is the Council's role to monitor and report progress. Monitoring is expected to be ongoing and reporting is expected once every three years.

So where does Healthy Christchurch initiative fit with the Community Outcomes?

The Healthy Christchurch initiative is one mechanism available to signatories to help **us** achieve what **we** said **we** would like for **our** city.

So, how are **we** doing? There is **good news** and *bad news*. In its role to monitor progress on the Outcomes, Council has pulled the data together to tell **us**. The following has been taken from Council's website.

In terms of achieving a healthy city...

The good news:

Life expectancy has increased from 1986-2001, and is expected to continue to do so.

From 1988-2004, infant mortality rates decreased by 71%

Cigarette smoking declined by 2.5% between 2001 and 2006 to 17.5% of the population. What is **your** smoking status? What is **your** organisation doing to help **your** smokers quit? [NB: Recently the Council unanimously moved to trial Smokefree children's playgrounds in the Hornby area. This milestone is the culmination of much work by Smokefree Canterbury. This response could easily lead into a city wide policy in the near future.]

In 2007, the National Environmental Standard threshold for concentrations of PM10 emissions was breached on 13 days, the lowest since 1999.

The *bad news*:

Air pollution levels continue to exceed recommended limits by significant amounts, but have slightly decreased over recent years.

50,000 household still rely on solid fuel heating, the major contributor to air pollution. To meet our 2013 clean air goal, 35,000 burners need to be removed and alternative forms of heating installed. To date, about 7500 have been removed with another 15,000 signed up. What is the situation at **your** house?

Bicycle use as a form of transport to work declined between 1991 and 2006 to 5% of the population. What can **your** organisation do to promote bicycle transport for **your** employees?

In 2006, 20% of survey respondents indicated that there was a time in the previous 12 months that they wanted to see a GP but didn't, and the most common reason cited was cost. This equates to 1 in 5 Christchurch residents.

From 1991-2006, the main means of transport to work on Census Day by Christchurch residents was driving a car, truck or van. About 60% of the population went to work this way. What can **your** organisation do to promote more active transport for **your** employees?

To read the entire Community Outcomes Baseline Report, click on [Community Outcomes Baseline Report](#)

From 1 April 2008, the Minimum Wage (New Entrants) Amendment Act comes into effect. This is an important change for any business employing 16 and 17 year olds.

Legislative Changes Affecting Wages

From 1 April 2008, there will no longer be a youth minimum wage. There will, however, be a new entrants minimum wage rate that applies to certain 16 and 17 year olds. If an employee has completed less than 200 hours or 3 months of employment since their 16th birthday, then they can be paid the new entrants minimum wage of \$9.60 per hour before tax.

However, if an employee has completed 200 hours or 3 months of employment since their 16th birthday or if they are performing a role where they are training or supervising

other staff members, then they must be paid at least the adult minimum wage. From 1 April 2008, the adult minimum wage will rise to \$12 per hour before tax.

From 1 April 2008, the training wage will rise to \$9.60 an hour before tax. That's \$76.80 for an eight hour day, and \$384 for a 40 hour week. The training wage applies to people doing recognised industry training involving at least 60 credits a year.

Please visit the Department of Labour website for further details of this change, <http://www.ers.dol.govt.nz/pay/newentrant.html> or phone the Contact Centre on 0800 20 90 20 for further information.

Healthy Christchurch Steering Group

The Steering Group met on the 13th February. It

- welcomed Laila Cooper from Canterbury Community PHO as a member on the Steering Group replacing Nikki Woolley;
- welcomed Dr Shirley Wilson from Sport Canterbury as a member on the Steering Group replacing Dr Selwyn Maister;
- welcomed Jane Cartwright from Partnership Health Canterbury PHO as a new Steering Group member;
- received a progress report on planning for the healthy cities and communities short course 7-10 April.
- agreed to gather with Champions at a meeting in May to discuss the future direction of Healthy Christchurch.
- agreed that work would continue on existing projects that fit with current priorities (to reduce health inequalities by working to improve the health status of those who are the worst off and to improve the physical activity and nutrition of people living in Christchurch.
- welcomed Canterbury Men's Centre as a new signatory.
- agreed to put forward a formal proposal for the evaluation of the Healthy Christchurch initiative for inclusion in the Research Register being established by the University of Otago, Christchurch.

The next meeting is scheduled for 26th March 2008.